

Big-Batch Bran Muffins

Preheat oven to 375°F (190°C)

Two 12-cup muffin tins, greased or paper-lined

5 cups	all-purpose flour	1.25 L
5½ cups	100% bran cereal	1.375 L
2 cups	packed brown sugar	500 mL
1 cup	chopped dates or raisins	250 mL
1 tbsp	baking soda	15 mL
1 tbsp	ground cinnamon	15 mL
4 cups	buttermilk or sour milk (see Tip, at right)	1 L
1 cup	vegetable oil	250 mL
4	eggs	4

1. In a large bowl, combine flour, cereal, brown sugar, dates, baking soda and cinnamon.
2. In another large bowl, mix together buttermilk, oil and eggs. Stir into dry ingredients and mix until moistened.
3. Spoon batter into muffin cups, filling to the top. Bake in preheated oven for 25 to 30 minutes or until golden brown. Cool in pans for 5 minutes; remove muffins. Cool on a wire rack. Store in airtight containers; freeze, if desired.

PER MUFFIN

Calories: 331

Dietary Fiber: 7 g

Carbohydrate: 57 g

Fat: 11 g

Protein: 7 g



Makes 24

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Susanne Stark, Post
Cereals

Fresh, nutritious muffins hot out of the oven are a favorite way to start any day.

TIPS

This batter can be prepared and stored for up to 2 weeks in the refrigerator. Pour batter into prepared muffin tins and bake as needed. Or you can bake the whole batch and keep extras in the freezer.

Sour milk can be used instead of buttermilk. To prepare, combine 3 tbsp (45 mL) lemon juice or vinegar with 4 cups (1 L) milk and let stand for 5 minutes.

DIETITIAN'S MESSAGE

Eating bran muffins for breakfast, or as a snack anytime during the day, is a great way to add fiber to your diet. Bran promotes regularity and a healthy digestive system. Pack these muffins with a shake for a quick meal to go.